

A Recipe from...



GRILLED CHICKEN WITH BLUEBERRY CHUTNEY

6 BONELESS CHICKEN BREAST HALVES WITH SKIN ON
3/4 CUP FRESH SQUEEZED ORANGE JUICE (GRATE AND RESERVE ORANGE RIND)
2 TABLESPOONS RED WINE VINEGAR
2 GARLIC CLOVES FINELY MINCED
2 TABLESPOONS BROWN SUGAR
1-1/2 TEASPOONS WORCESTERSHIRE SAUCE
1 TEASPOON DIJON MUSTARD
1 ORANGE CUT DECORATIVELY INTO SLICES
GOODNESS OF GARLIC BLUEBERRY CHUTNEY

- 1) In a shallow pan whisk together all ingredients except chicken breasts.
Remove and reserve 1/4 cup of the marinade. coat chicken in the remaining marinade in the pan. Cover and refrigerate for several hours or at least one hour.
- 2) Preheat grill
- 3) Place chicken breast on grill. Cook until juices run clear and are no longer pink inside.
Baste once with reserved marinade towards end of cooking time for a glaze
- 4) Serve each piece of chicken with 2 or 3 spoonfuls of blueberry chutney.
Garnish with orange slices